

General Anxiety

OH NO! MY MUSCLES ARE ACHING, I'M EXHAUSTED, I HAVE STOMACH PROBLEMS, I CAN'T RELAX, I CAN'T CONCENTRATE, I'M ANXIOUS ALL THE TIME, AND I CAN'T STAY STILL!

UH OH. IT SOUNDS LIKE YOU HAVE SOME COMMON SYMPTOMS FOR GENERAL ANXIETY.

OH NO! WHAT IS THAT?

IT'S A DISORDER WHERE WORRIES AND FEARS ARE SO CONSTANT THAT THEY INTERFERE WITH YOUR ABILITY TO FUNCTION.

BUT DON'T WORRY! THERE IS TREATMENT.

WELL, THERE ARE SEVERAL TREATMENT OPTIONS. YOU CAN EITHER GET HELP FROM THERAPY WHERE A THERAPIST WILL HELP YOU SEE THE WORLD IN A MORE POSITIVE WAY, OR YOU COULD TAKE MEDICATION SUCH AS:

BUSPIRONE
BENZODIAZEPINES
ANTIDEPRESSANTS

AHHHHHHH!
WHAT IF I DONT
GET BETTER?
WHAT IF...?